

## CHANGED HABITS.

Habit is said to be "second nature," because it may mould and shape our lives as though the trait of character was inherent or inborn. By practice, then, we nourish a good or bad habit until it becomes, as it were, a part of us, controls our actions often times as with an iron hand, completely changing the course of life for good or evil.

Many of the evils about us are the result of bad habits, indulgence until they have taken possession of their victims, leading them whithersoever they will. Are our habits good or bad? Are they bringing us bright or dark results? If the latter, and not to our advantage, how are we to get rid of them?

It seems to me that trying to rid ourselves of bad habits is like a child trying to scrape the frost from a window in a cold room, it may not return in just the same shape but it surely comes back in some form. Let a fire be kindled in the room, and the glowing heat soon drives away the frost. Just so, if we let the warmth of the love of God dwell in our hearts, the bad habits will disappear. Light is then shed on our pathway, and our lives are filled with joy.

LUCRETIA M. ROBINSON.

Saratoga Springs, N. Y., 1, 28, 1892.

Civilization and Christianity have so simplified their principles that the heart of any young man and any girl beautiful in her mind in her youth can carry the world about in their spirits pictured with no great feature missing. Not to carry thus the great world is to betray a great trust. It ought to be thought a

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great destiny to speak the philosophy of the world, and to possess a soul that can carry within it the picture of humanity.—*David Swing.*

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